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SUMMER GUIDE





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Hammed Akindele
@flytouchstudio

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Editorial
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WEB EDITOR Jay Boller
NEWS EDITOR Mike Mullen
MUSIC EDITOR Keith Harris
FOOD EDITOR Sarah Brumble
ARTS EDITOR Jessica Armbruster
STAFF WRITERS Susan Du, Hannah Jones
COPY CHIEF Bridgette Reinsmoen
PROOFREADER Bryan Miller
CLUBS EDITOR Erik Thompson

CONTRIBUTING WRITERS
Jerard Fagerberg, Jay Gabler,
Tony Libera, Michael Madden,
Erica Rivera, Sheila Regan

CONTRIBUTING PHOTOGRAPHERS
Wale Agboola, Alma Guzman,
Lucy Hawthorne, Samson Melkamu,
Shelly Mosman, Bobby Rogers,
Tony Nelson, Colin Michael Simmons

Art
ART DIRECTOR Emily Utne
LAYOUT EDITOR Shelby Lano

Production
DESIGN MANAGER Maria Grzywa

Publisher
Mary Erickson

Advertising
SALES DIRECTOR Leah Parkinson
SENIOR ACCOUNT EXECUTIVES
Leah Carson, Kevin Lenhart,
Brian Thunberg
ACCOUNT EXECUTIVES
Frankie Ellingson, Ashley Farlow,
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Jacob Johnston
SENIOR MULTIMEDIA ACCOUNT EXECUTIVE
Mike Yanke
ACCOUNT MANAGERS
Carly Dabroski, Arianna Eady,
Danielle Smith

CP Digital
SOCIAL MEDIA MANAGER Kelly Java
SOCIAL MEDIA COORDINATOR Alison King

Marketing and Promotions
MARKETING DIRECTOR Holly Hunt
MARKETING COORDINATOR
Emma Engeldinger

Business and Administration
FINANCE MANAGER Bernadette Botoshe
STAFF ACCOUNTANT Du Nguyen Ho

City Pages
650 3rd Avenue South, Suite 1300,
Minneapolis, MN 55488
PHONE 612.375.1015 **FAX** 612.372.3737
E-MAIL adinfo@citypages.com
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THE SHORTLIST

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agitator—
from St. Paul
at citypages.com



SUSAN DU

THE STAT SHEET

8:46

Moment of silence held Tuesday
to honor George Floyd on the day
of his funeral

9

Minneapolis City Council members
who've agreed to defund or
dismantle the city's police

570

Twin Cities buildings vandalized, looted,
or otherwise smashed up in the riots
following George Floyd's murder

3%

MPD misconduct complaints
that result in discipline—which
watchdogs say is way too low

**“Nothing but respect for the
men and women in blue.”**

—Reader Amy Hahn responds to “2 post
offices torched, timely delivery continues,
USPS joins march against police brutal-
ity” at citypages.com

COVID CLEANING

FOLKS... please don't bleach your produce. A new report from the CDC has found that roughly 40 percent of Americans used chemicals or disinfectants in an unsafe way in an effort to protect themselves from COVID-19. That includes “washing food products with bleach, applying household cleaning or disinfectant products to bare skin, and intentionally inhaling or ingesting these products,” per the survey. Others have been mixing chemicals or failing to wear appropriate protective gear when handling potentially harmful cleaning products, all of which has led to a “sharp increase” in calls to poison control centers.

POPULAR STORIES AT CITYPAGES.COM

Minneapolis City Council
members consider
DISBANDING THE POLICE

Minneapolis police officer
URGES LOOTING
of Cedar-Riverside, arresting press

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of cops who killed George Floyd

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NOT YOUR PROPS

Suburban moms tell Paul Gazelka they don't want an apology for protests

On Friday, Minnesota Senate Majority Leader Paul Gazelka (R-East Gull Lake) appeared at a press conference to discuss what had been a big week in a big month in a big year for the state of Minnesota—in just about the worst way possible.

The police killing of George Floyd triggered days of protest, unrest, and further violent interactions between participants, media, and cops.

Gazelka touched on some of the learning he said he'd done over the past few days in order to better address a hurting state. He'd met with "black pastors" and the MAD DADS (Men Against Destruction - Defending Against Drugs and Social Disorder) of Minneapolis.

Through this outreach and his own creative soul-searching, Gazelka had found the real victims here. Directing his remarks to Gov. Tim Walz, whom the Senate leader faulted for not calling in the Nation Guard

sooner, Gazelka said:

"Can somebody apologize to the people of Minnesota for not protecting the people of Minnesota? Where's the apology to the moms out in the suburbs scared to death about what's happening all around them and seeing the glowing fire in Minneapolis-St. Paul?"

Quite a few moms apparently heard Gazelka's plea on their behalf. That same day, dozens piped up on Twitter. One sentiment was pretty consistent: Gazelka could take his whining on their behalf and shove it.

They didn't need an apology, they tweeted, most using the hashtag "#iamasuburbanmom." They needed "meaningful legislation to address systemic racism and police brutality." They needed "action." They needed "change."

They are more afraid of violence or death at the hands of police officers than protesters.

"I am a mom out in the suburbs. I am

not scared. I am mad as hell that another Black man was killed by police in MN. Focus your energy on fixing the system that allowed that to happen. I'll be out here in the burbs teaching my kid not to be a racist," one tweeted.

Some accused Gazelka of "dog-whistling," quietly pandering to the baser instincts of his audience. And a few were resentful of the fact that the dogs in this scenario would be them.

Some of those suburban moms happened to be Gazelka's fellow legislators, and they weren't exactly pleased, either.

Gazelka says this was simply a case of one soundbite being blown out of proportion.

"It's an election year, and it was taken out of context," he says.

He is right about one thing: Suburban moms have proven to be a powerful voting bloc in recent years, one that has shown increased disenchantment with the Republican party, especially over issues like gun



@MADAMETONG, TWITTER

control. In many mom-led groups, Gazelka has already become a prime candidate for replacement, as plan after plan to reduce gun violence has sputtered and died in the Republican-controlled Senate.

During his press conference, Gazelka assured the audience change was coming regarding law enforcement, but not to expect it within the "next week."

—HANNAH JONES



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SUMMER

guide



We've joked in the past that summer is canceled. But in reality,

this could be the most important summer of our lives. Things in the Twin Cities already looked vastly different in the throes of COVID-19. But after the police killing of George Floyd and the following protests and riots, the next few months are crucial.

With that in mind, this year's summer guide is focused on rebuilding, education, nourishment, and lifting up Black organizations.

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HAMMED AKINDELE
@flytouchstudio

Colorful figure mural by
Jose Dominguez
@hozay_dmngz

Mural on left by
Andres Guzman

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Antoine Jenkins, CEO of Zntz Creationz, painting a mural at Spyhouse on Hennepin

FLY TOUCH STUDIO

SUPPORT EFFORTS TO REBUILD

The killing of George Floyd and the protests that arose in response have reminded us that the social justice issues that the Twin Cities failed to address so far are, for many in our community, a matter of life and death. Here are a few local nonprofits that are working to rebuild and address those issues.

BLACK VISIONS COLLECTIVE (BLVC)

BLVC works to foster emerging Black leadership, Black safety, and Black justice in Minnesota. blackvisionsmn.org.

GEORGE FLOYD MEMORIAL FUND

The official fund was organized by George Floyd's brother Philonise "to cover funeral and burial expenses, mental and grief counseling, lodging and travel for all court proceedings, and to assist our family in the days to come as we continue to seek justice for George." gofundme.com/f/georgefloyd.

MINNESOTA FREEDOM FUND

Though this nonprofit, which pays bail for low-income people, is always worth checking in on, it has received so much national attention that its organizers have begun asking would-be donors to instead support groups with a more "urgent need for supplies and support

out in the field." minnesotafreedomfund.org.

MINNESOTA VOICE

Established in 2011, Minnesota Voice is a member-based coalition of non-profit organizations working toward permanent change in racial, social, and economic justice by increasing civic engagement and voter participation across the state. statevoices.org.

MOBILE OUTREACH AND OUTDOOR DROP-IN (MOODI)

Located near Peavey Park, MOODI teams up with other local orgs to provide harm reduction, health services, and housing solutions for Minneapolis's homeless population and beyond. givemn.org/story/Mxmjeg.

NEIGHBORS UNITED FUNDING COLLABORATIVE

"Helping the Midway [and] Union Park small business and nonprofit community rebuild their storefronts." midwayunited.org.

NORTHSIDE FUNDERS GROUP

Though the destruction on Lake Street has received most of the attention, businesses in north Minneapolis have been seriously affected by arson and vandalism in recent days. To support them, visit northsidefunders.org.



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Show: "HODGE PODGE", by Benjamin Domask, 2019. Photo Credit: Dan Norman

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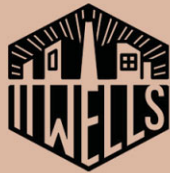


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FLOW Northside Arts Crawl

MEGAN TAN/ STAR TRIBUNE

NORTH STAR HEALTH COLLECTIVE

This is another organization that received such an outpouring of donations and supplies they are asking people to direct their finances and efforts elsewhere. But you can learn more about this great group at northstarhealthcollective.org.

PIMENTO RELIEF FUND

Eat Street restaurant Pimento has partnered with the Association for black Economic Power to provide black business without insurance relief. abepmpls.org/pimento-relief-fund.

RECLAIM THE BLOCK

Since 2018, Reclaim the Block has worked with the Minneapolis community and city council members to move money from the police department into areas of the city's budget that promote community health and safety. reclaimtheblock.org.

SOMALI BUSINESS FUND

The owner of the Jigjiga Business Center on East Lake Street has a fund for Somali-run businesses affected by the riots at gofundme.com/f/somali-owned-businesses-affected-by-rioters.

WE LOVE LAKE STREET

The Lake Street Council has set up a fund directed "toward helping the Lake Street small business and nonprofit

community rebuild their storefronts and providing for our neighborhoods" that you can support at welovelakestreet.com.

WEST BROADWAY BUSINESS AND AREA COALITION

In partnership with the Northside Funders Group (see above), the WBC is directing all donations toward "northside businesses that have been impacted by COVID-19 and the recent uprising." Beloved events put on by this group include multi-day arts festival FLOW North Side, the West Broadway leg of Open Streets Minneapolis, and the Facade Improvement Grant program, which has facilitated the creation of a variety of gorgeous murals in the area. westbroadway.org.

SUPPORT BLACK ARTS ORGANIZATIONS

The following is a list of Black-run arts organizations that have made the Twin Cities the cultural juggernaut that it is. These are places that are worth checking in on, donating time to, and supporting through contributions. You can find our live, growing list at citypages.com/arts.

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A man wearing a black helmet, a purple and red long-sleeved shirt, and blue shorts is riding a mountain bike on a dirt trail. He is smiling and looking towards the camera. The trail is surrounded by dense green foliage and trees, with sunlight filtering through the leaves.

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VISITPROCTORMN.COM

bitingly funny and thoughtful takes on current politics and blackness over the years at venues like Capri and Pillsbury Theatre. blackoutcomedy.org.

BLACK STORYTELLERS ALLIANCE

This nonprofit celebrates oral traditions as practiced by African people, and hosts the annual festival Signifyin' and Testifyin'. blackstorytellers.com.

BLACK TABLE ARTS

This group organizes Black artists, creates spaces for leadership and creativity, and educates in the community. blacktablearts.com.

BROWNBODY

Modern dance, figure skating, theater, and other performances driven by African diasporic perspectives. brownbody.org.

CATALYST ARTS

A small arts incubator with an emphasis



BILL CAMERON

on artists of color, LGBTQIA+ artists, immigrants, Indigenous, low-income, and artists exploring non-traditional pathways to success. facebook.com/pg/catalystartsmn.

CONTEMPO PHYSICAL DANCE

This professional dance company, created by Marciano Silva dos Santos, fuses Afro-Brazilian dance, capoeira, and contemporary dance. contempophysicaldance.org.

FREE BLACK DIRT

Leaders Junauda Petrus and Erin Sharkey organize events featuring original theater and performance from local and emerging artists. freeblackdirt.com.

JUXTAPOSITION ARTS

This super-awesome North Side non-profit wears many caps: It's a youth art and design education center, offering training, internships, paid apprenticeship programs, and classes for teens and young adults. It's a gallery, hosting a

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Juxtaposition Arts

DAVID JOLES/STAR TRIBUNE

variety of national and international artists throughout the year. It's also a retail shop, skate park, and an artists' studio space. juxtapositionarts.org.

MAIA MAIDEN PRODUCTIONS

Over the years, choreographer, activist, and events organizer extraordinaire Maia Maiden has put together a variety of happenings showcasing Black choreographers, hip-hop movement, emerging artists, and Black arts. Evenings include *Sistah Solo*, *Being Brothers*, and *Rooted*. maiamaiden.com.

MILLION ARTIST MOVEMENT

A collective of Black, Brown, and radical artist revolutionaries and activists. millionartistmovement.wordpress.com.

MINNESOTA AFRICAN AMERICAN HERITAGE MUSEUM AND GALLERY

Another great nonprofit on the North Side, this organization showcases the history, successes, and struggles of African American life in Minnesota. Past exhibits have featured photography from the 1940s, portraits of women in their Sunday best, and a celebration of the Major Taylor Bicycling Club of Minnesota, named after Marshall "Major" Taylor, the first African American to win the world championship cycling race in 1899. maahmg.org.

MIXED BLOOD THEATRE

While Mixed Blood is not black-owned, it does bring powerful Black theater

to the West Bank neighborhood. Past productions include *Is God Is*, described by our theater critic, Jay Gabler, last year: "Aleshea Harris's shocking script had Mixed Blood audiences riveted in a visceral production anchored by a towering performance from Dame-Jasmine Hughes, the best actor to emerge on Twin Cities stages this decade." Their Radical Hospitality program makes theater more accessible, offering first-come, first-served free seating for all. In addition, Mixed Blood hosts a variety of educational workshops, including info on legal counseling. mixedblood.com.

NEW DAWN THEATRE COMPANY

This theater troupe presents cutting-edge works from under-represented communities. newdawntheatre.org.

PENUMBRA THEATRE

This St. Paul theater focuses on works that examine the African American experience. Past productions have included critically lauded takes on *for colored girls*, *Guess Who's Coming to Dinner*, and August Wilson's *Jitney*. Penumbra also hosts speaking engagements and educational programs throughout the year. penumbra-theatre.org.

PILLSBURY HOUSE + THEATER

Another playhouse featuring groundbreaking works by Black artists, Pillsbury House + Theater is part of Pillsbury United Communities, an orga-



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Maia Maiden
AARON LAVINSKY /STAR TRIBUNE

nization offering a variety of services in its Chicago Avenue neighborhood, including tax prep, emergency childcare, education, and more. Award-winning productions onstage include Nilaja Sun's *No Child...* and *Pike St.* Pillsbury is also home to the Naked Stages series, a seven-month fellowship for performing artists. pillsburyhouseandtheatre.org.

SAHAN JOURNAL

This 501(c)(3) nonprofit digital newsroom is completely free, reporting for and about immigrants and refugees in Minnesota. sahanjournal.com.

THE SOMALI MUSEUM OF MINNESOTA

This is the only museum devoted to Somali culture in America—or anywhere in the world. The collection features artifacts as well as contemporary works. The museum also hosts a variety of performances, has a YouTube channel, and offers classes. Their artifacts were moved to a safe space during the riots, and since then they have raised over \$28,000 for repairs. somalimuseum.org.

SOOMAAL HOUSE OF ART

Somali art collective provides studio space, critiques, artistic community, mentorships for younger artists, and an annual exhibition space with educational programming. soomaalhouse.com.

THREADS ART PROJECT

Founded by Karen Long Charles,

Threads showcases emerging and established choreographers, including their annual group show, *Tapestries*. They are currently raising funds for their new space. threadsdance.org.

TRUARTSPEAKS

Cultivating literacy, leadership, and social justice through spoken word and hip-hop culture. truartspeaks.org.

TRU RUTS

Projects inspired by the African diaspora include films, performances via Freestyle Theatre, the Speakeasy Records label, and workshops and residencies. facebook.com/truruts.

TU DANCE

Founded in 2004 in St. Paul by Toni Pierce-Sands and Uri Sands, TU Dance is a nationally lauded contemporary dance company showcasing diverse artists drawing from modern dance, classical ballet, and African-based and urban vernacular movements. tudance.org.

CLASSES AND WORKSHOPS

Despite COVID-19, many schools and organizations are carrying on through the summer. Some have gone virtual while others are working in a smaller capacity in person. Be sure to check directly with the venues to see what

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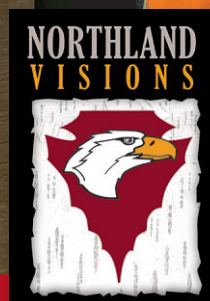
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ACADEMY OF RUSSIAN BALLET

Limited in-person classes, with online virtual classes available via Zoom. 14675 Martin Dr., Eden Prairie, 612-501-9208; academyofrussianballet.com.

ALLIANCE FRANCAISE

French classes, summer camps, cultural events, and resources have moved online this summer. afmsp.org.

ARTICULTURE

Online visual arts classes and workshops for adults and children starting at age 1. articulture.org.



LEILA NAVIDI /STAR TRIBUNE

ARTISTRY

Classes in visual and performing arts for adults and youths of all abilities have moved online at least through June. artistrymn.org.

ARTRAGEOUS ADVENTURES

After-school art classes and day camps for kids of all ages are set to resume in July. 2121 W. 21st St., Minneapolis, 612-423-7554; artrageousadventures.com.

ARTS-US

Offering African Diaspora arts programs for youth, developing knowledge and skills in the arts. 1221 Marshall Ave., St. Paul, 651-528-6871; arts-us.org.

BACHMAN'S

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mer camps for youth that explore the roles of science and technology in life. 3537 Zenith Ave. S., Minneapolis, 612-926-3878; thebakken.org.

BALLARE TEATRO DANCE THEATRE

Summer classes start up in July. 4259 Minnehaha Ave. S., Minneapolis, 612-721-8619; ballareteatro.com.

BLOOMA

Virtual yoga and barre classes for moms-to-be and childbirth education and workshops for families. blooma.com.

**CHICAGO AVENUE
FIRE ARTS CENTER**

Classes for adults and youth featuring blacksmithing, metal arts and casting, and sculptural metal casting. Classes start in July. 3749 Chicago Ave. S., Minneapolis, 612-294-0400; cafac.org.

CLIMB THEATRE

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COURTESY OF COOKS OF CROCUS HILL

and workshops that build accountability, advocacy, and empathy, inspiring participants to make the world a better place. 6415 Carmen Ave. E., Inver Grove Heights, 800-767-9660; climb.org.

CLAY SQUARED TO INFINITY

Classes in polymer clay for kids and adults available online this summer. claysquared.com.

CLOUDS IN WATER ZEN CENTER

Online classes in Zen and Buddhist studies, meditation, and yoga. cloudsinwater.org.

COOKS OF CROCUS HILL

Cooking classes and demonstrations, libations classes, and cooking camps for kids. 3925 W. 50th St., Edina, 952-285-1903; 877 Grand Ave., St. Paul, 651-228-1333; cooksofcrocushill.com.

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FOCI GLASS

Classes on glass blowing. 2010 E. Hennepin Ave., Minneapolis, 612-759-8476; mnglassart.org.

FOUR SEASONS DANCE STUDIO

Social dance classes, including Argentine tango, plus social dances, informal practices, and discussion, which have moved online for the time being. fourseasonsdance.com.

GROTH MUSIC

Private music lessons. 8056 Nicollet Ave. S., Bloomington, 800-969-4772; grothmusic.com.

HEART & SOUL DRUM ACADEMY

Performing arts school specializing in instructing students in the art of drumming and cultivating personal development. 1360 University Ave. W. (Ste. 362),

St. Paul, 612-756-7875.

KATHA DANCE THEATRE

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LUCY'S OUTDOOR DANCE CAMP

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MINNEAPOLIS ROWING CLUB

Classes on rowing for teens and adults. 2968 W. River Pkwy., Minneapolis, 612-729-1541; mpls rowing.org.

MINNESOTA CENTER FOR BOOK ARTS

Virtual workshops and demonstrations in papermaking and book arts for families, children, teachers, and individuals ranging from novice to professional. mnbookarts.org.

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to start up in mid-June. 2424 E. Franklin Ave., Minneapolis, 612-339-8007; northernclaycenter.org.

PHYLLIS WHEATLEY COMMUNITY CENTER

Support services and workshops for families, seniors, youth, and students. 1301 10th Ave. N., Minneapolis, 612-374-4342; phylliswheatley.org.

RUMRIVER ART CENTER

Featuring over 30 summer art camps for kids, with hands-on activities and instruction on painting, drawing, mixed-media, and sculpture. Camps available starting in June. 2665 4th Ave., Ste. 103, Anoka, 763-323-8830; rumriverart.com.

SCHOOL OF ROCK

Rock music lessons and band camps for kids of all experience levels. 417 Broadway St., St. Paul, 651-292-1917; 6585 Edenvale Blvd., Ste. 100B, Eden Prairie, 952-934-7625; schoolofrock.com.

SPRINGBOARD FOR THE ARTS

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13765 Staring Lake Pkwy., Eden Prairie, 952-949-8479; edenprairie.org.

TILOPA TAI CHI QIGONG CENTER

Online classes and workshops in the meditative exercise for beginners and more. itaichi.net.

TWIN CITIES JAZZ WORKSHOP

Courses in jazz for youth and adults of all skill levels. Summer student sessions begin in July. 511 Kenwood Pkwy. (Blake School Northrup Campus), Minneapolis, 612-871-3534; tcjazzworkshop.com.

TWIN CITIES MEN'S CENTER

Online support groups, anger-management classes, and workshops on topics like retirement, coping with stress, sexual orientation, and sexual trauma. tcmc.org.

WALKER WEST MUSIC ACADEMY

Music lessons, classes, and camps featuring musical education rooted in the African American cultural experience, for people of all ages and backgrounds. 760 Selby Ave., St. Paul, 612-224-2929; walkerwest.org.

WOMEN'S ENVIRONMENTAL INSTITUTE

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To achieve reproductive freedom and justice, **Black Lives must truly matter.**

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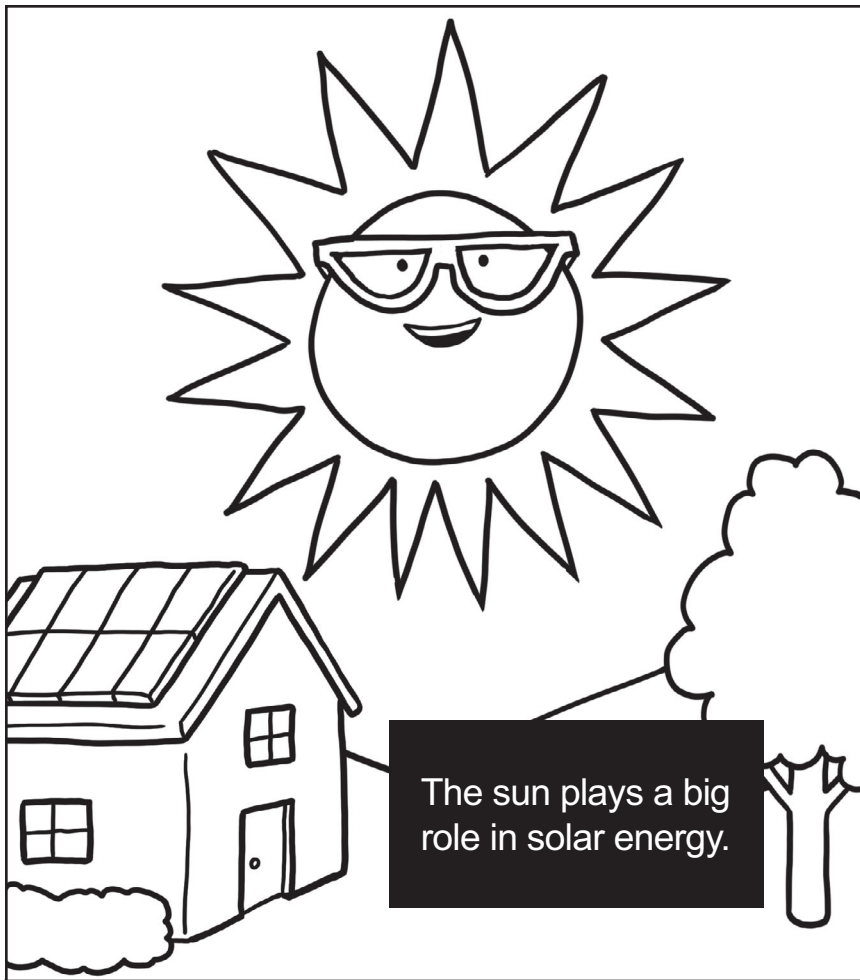
The term **Reproductive Justice** was coined by Black women in 1994. Black women, Indigenous women, women of color, and trans people have always been on the frontlines of this movement and will continue to lead it into the future.

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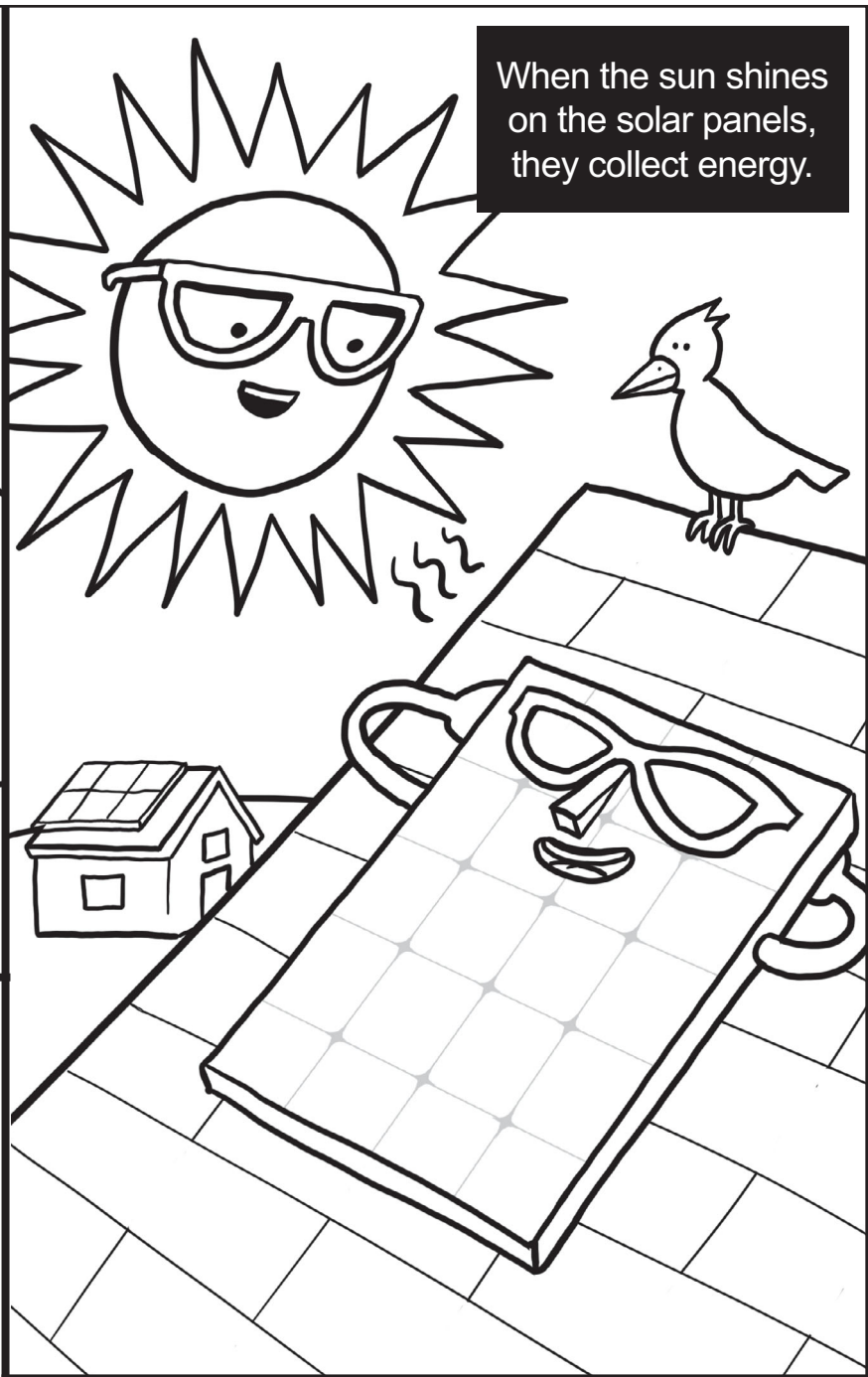
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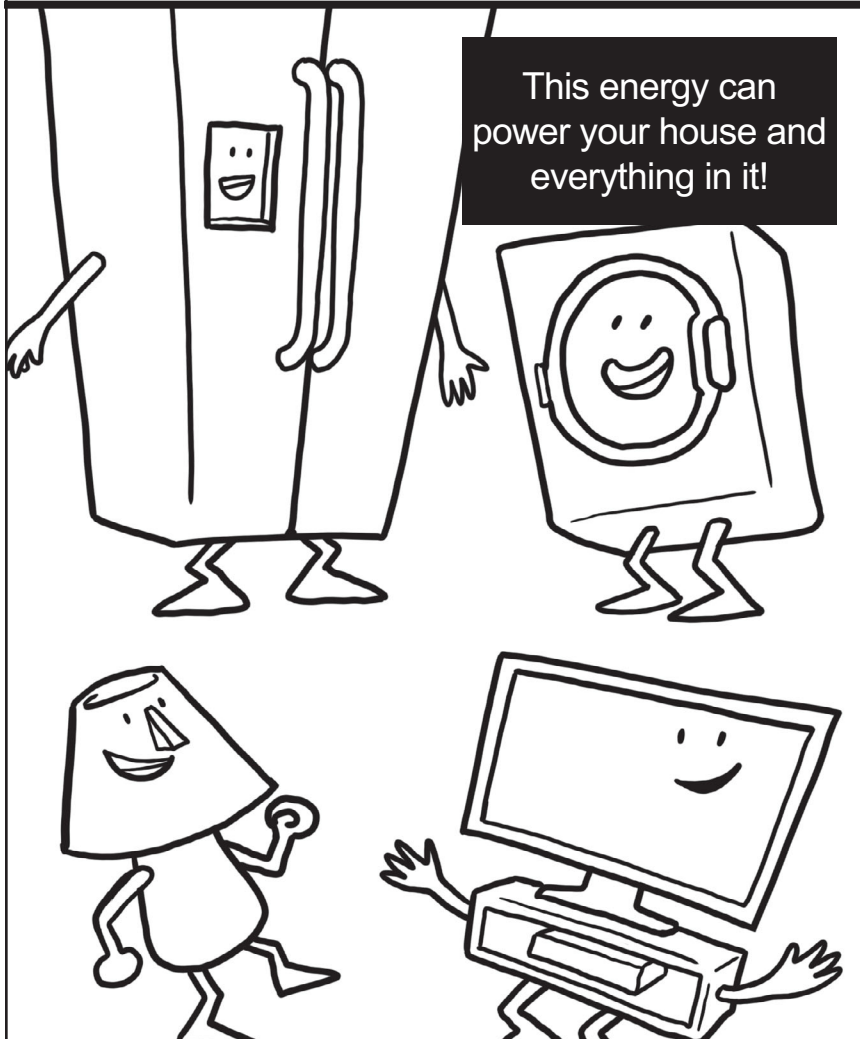
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YOUNG DANCE

Online classes and workshops on dance and creative movement for kids of all ages. youngdance.org.

YOUTH PERFORMANCE COMPANY

Theater classes and workshops for students in grades K-12 are still planned for the summer. 3338 University Ave. SE., Minneapolis, 612-623-9080; youthperformanceco.org.



ANTHONY SOUFFLE/STAR TRIBUNE

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How do we, as individuals, positively affect social conditions? It's a big question, and many of the answers can feel daunting. But, on a microlevel, we've all gotta eat! Intentionally investing in our community's Black-owned restaurants (listed below) is an actionable, achievable step to building a more equitable future, one plate at a time. Looking to donate to a food shelf or pick up necessities? Check out this ever-changing map: twin-cities-mutual-aid.org.

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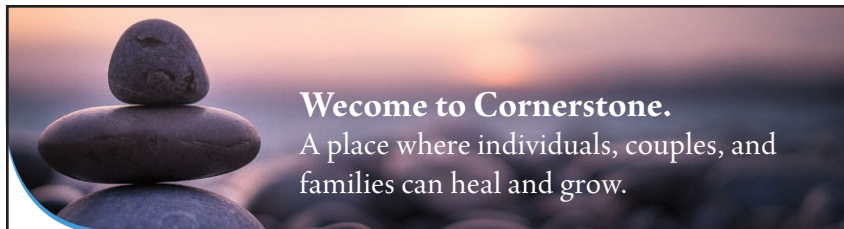
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The north Minneapolis community-based nonprofit uses healthy, global comfort food as a tool to build health, wealth, and social change in conjunction with Appetite for Change. Currently they've partnered with Feeding the Frontlines, too. 1210 W. Broadway Ave., Minneapolis, 612-529-9346; breaking-breadfoods.com.



RENEE JONES SCHNEIDER/STAR TRIBUNE

CHEESECAKE FUNK

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DAUGHTERS AND SONS BAKERY

Baker Nneka Sederstrom specializes in organic, gluten-friendly cakes, macarons, and her signature "babycakes," which grew a following at last year's Linden Hills Farmers Market. Reach out for custom orders at daughtersandsonsbakery.com.

DILLA ETHIOPIAN RESTAURANT

Dilla is a Twin Cities treasure, serving Ethiopian specialties (and spaghetti) to the West Bank neighborhood well past the witching hour. 1813 Riverside Ave., Minneapolis, 612-332-2898; dillasethiopianrestaurant.com.

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**All proceeds from the Ribfest event will be donated to the Alzheimer's Association of MN.*

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Location: Stonebay of Orono, 2635 Kelley Parkway, Orono, MN

Call Angie Ehalt at 952.200.0585 to request more information.

As a senior living community, we feel strongly about supporting the efforts to fight against Alzheimer's disease. Our Stonebay team will be walking in the Walk to End Alzheimer's in the fall.

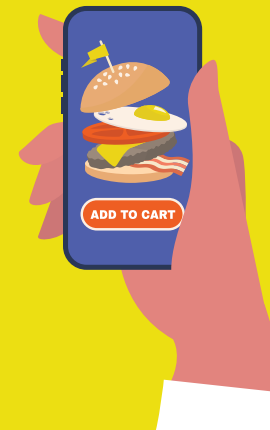


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Though the pandemic caused the jazz-themed St. Paul cafe to close as a physical gathering space for the community, owners Stephanie and Mychael Wright continue to serve snacks and drinks in a to-go capacity. 934 Selby Ave., St. Paul, 651-207-5945; goldenthymeonselby.com.

HANDSOME HOG

Star chef Justin Sutherland turned St. Paul into a destination for contemporary Southern cuisine with Handsome Hog, which is leaving Lowertown to assume new, more expansive digs at the (former) Fitz's address. 173 Western Ave. N., St. Paul, 651-340.7710; handsomehog.com.

MAMA SHEILA'S HOUSE OF SOUL

After lying low until early June, this gem has just (thankfully!) reopened, returning a taste of its extensive soul food menu to Minneapolis's south side. 3744 Bloomington Ave. S., Minneapolis, 612-584-3690; mamasheilashos.com.

ONE FERMENTARY & TAPROOM

ONE's co-owner and head brewer Ramsey Louder has brought inventive, experimental brews to Minneapolis's North Loop, presented in a taproom

meant to foreground diversity and inclusion. 618 N. 5th St., Minneapolis, 612-353-4729; fermentary.one.

PIMENTO JAMAICAN KITCHEN

The purveyors of spice and rum have brought a touch of the Caribbean to the Twin Cities, with locations in both St. Paul and Minneapolis, the latter of which has reinvented itself as a community resource hub and relief organization since the murder of George Floyd. 2524 Nicollet Ave., Minneapolis, 612-345-5637; 902 W. 7th St. (Keg and Case Market), St. Paul, 651-808-1628; pimentokitchen.com.

PJ MURPHY'S BAKERY

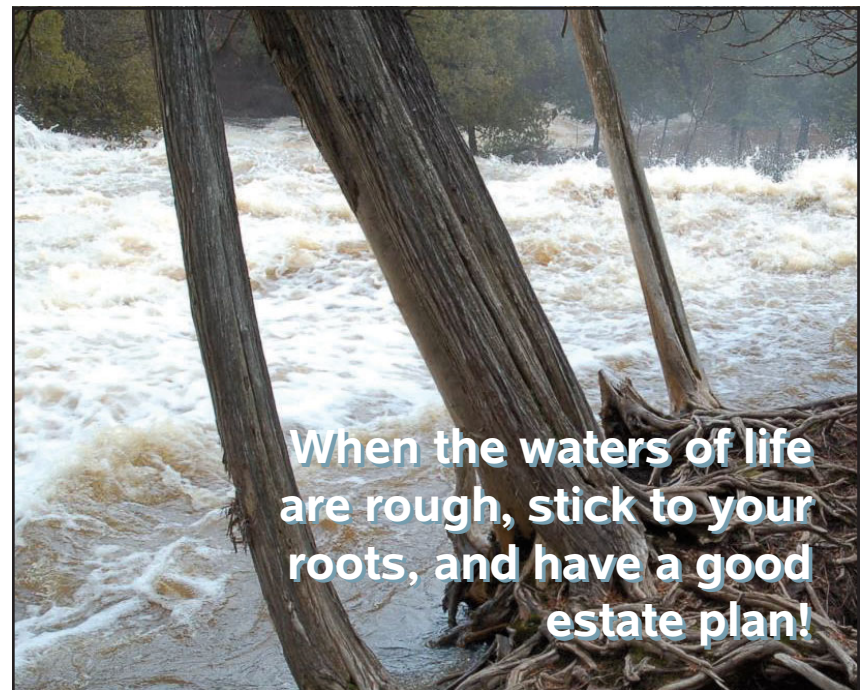
From cookies to wedding cakes, or loaves of bread to doughnuts, PJ Murphy's Bakery is a family-owned, full service neighborhood bakery in St. Paul that truly does it all. 1279 Randolph Ave., St. Paul, 651-699-9292; pjmurphybakery.com.

THE RED SEA RESTAURANT & BAR

The West Bank's only combined music venue, bar, and eatery has been cooking up authentic Ethiopian and Eritrean cuisine since 1990. 320 Cedar Ave., Minneapolis, 612-333-1644; theredseampls.com.

SAMMY'S AVENUE EATERY

Owner Sammy McDowell's role as host of a north Minneapolis coffee shop hangout is on hold thanks to COVID-19, but he's still slinging the sandwiches, sides, and hot breakfasts that helped launch a second Sammy's in Northeast



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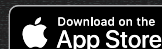


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last year. 1101 W. Broadway Ave., Minneapolis, 612-767-6278; sammysavenueeatery.com.

SMOKE IN THE PIT

Since 1998, Smoke in the Pit has served slow-smoked mains and Southern-style sides to Minneapolis's south side, offering takeout and delivery throughout the pandemic. 3733 Chicago Ave. S., Minneapolis, 612-315-3145; smokeinthepit.com.

SOUL BOWL

The food hall-based joint punches way above its weight class, with a menu melding Caribbean and traditional soul flavors, a chicken sandwich that's been blessed by rapper Big K.R.I.T., and vegetarian and vegan options. 520 N. 4th St. #402, Minneapolis, 612-567-7044; soulbowlmn.com.

TED COOK'S 19TH HOLE BBQ

Since 1968, Ted Cook's has delivered pit-smoked meats to crisp yet tender perfection to devotees in south Minneapolis. 2814 E. 38th St., Minneapolis, 612-721-2023; tedcooks19thholebbq.com.

THIGH TIMES BIRDHOUSE

The North Loop Galley's reigning chicken wrib-star (and legendary propri-

etor of Funky Grits) Jared Brewington is weathering the pandemic courtesy of a pop-up residency at the Freehouse. 729 Washington Ave. N., Minneapolis; thightimesbirdhouse.com.

TOMMIE'S PIZZA

Packing more than 30 years of restaurant experience, owner Tommie Daye slings New York-style pizza by the slice, wings, and a whole lot more from his pizza parlor in St. Paul. 1556 Selby Ave., St. Paul, 651-432-4737; tommiespizza.com.

TRIO PLANT-BASED

Minnesota's first black-owned vegan restaurant goes heavy on the comfort with dishes like the soul food platter, piled with plant-based ribs, collard greens, and mac and cheese. 610 W. Lake St., Minneapolis, 612-326-1326; trioplantbased.com.

WENDY'S HOUSE OF SOUL

Swing by Wendy's North Side outpost to grab the unique, totally craveable SoulRolls (gluten-free egg roll wraps stuffed with fillings like "Nanny," "Taco," and "Cheeseburgerfry") with a side of SoulSauce that have made her a legend. 1021 W. Broadway Ave., Minneapolis, 612-800-4535; youvebeensouled.com.

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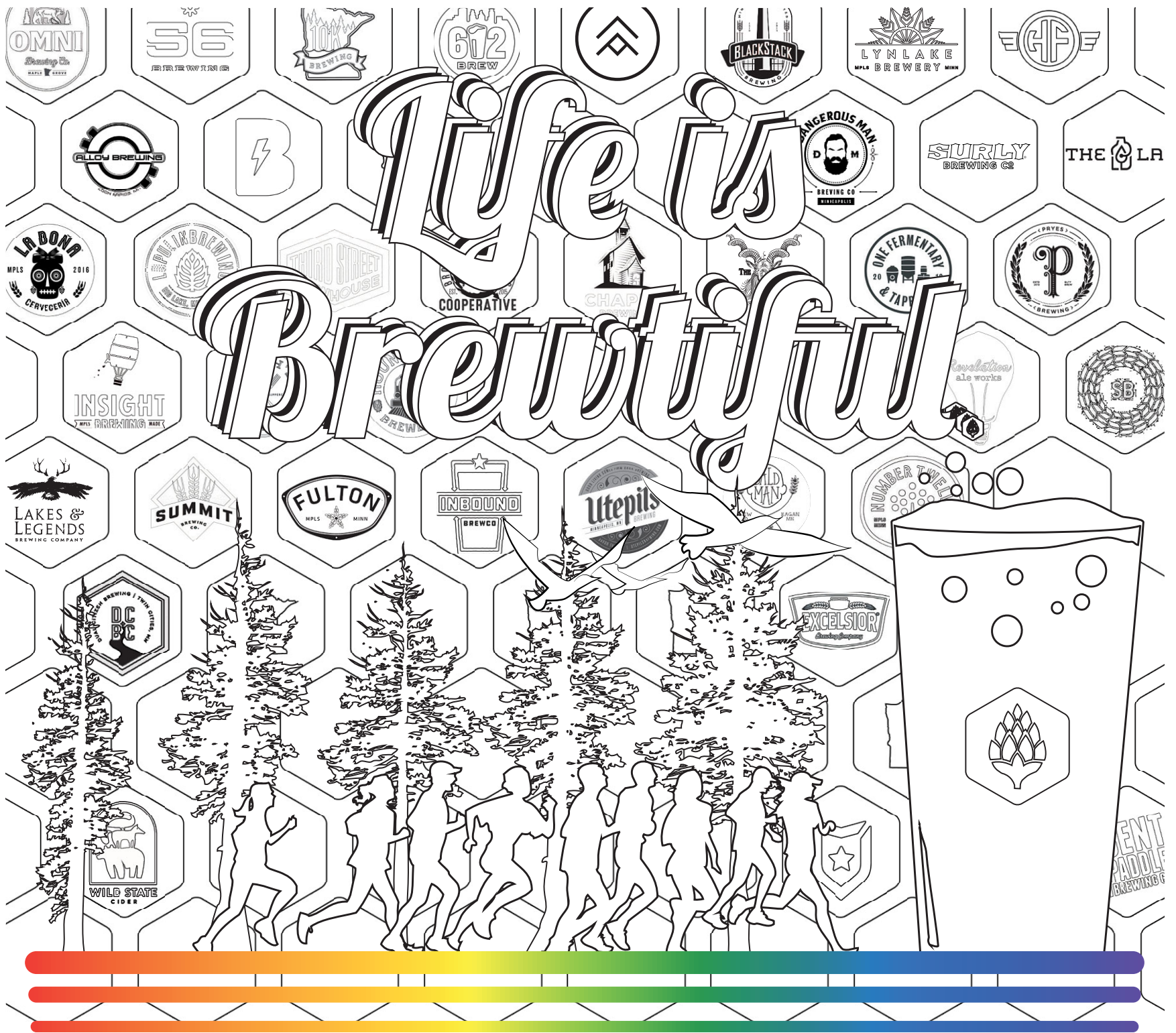
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MEGAN TAN/ STAR TRIBUNE

FARMERS MARKETS

Coronavirus is still a huge concern. This means that availability and safety precautions can change quickly throughout the season. We recommend checking websites; some of the markets are encouraging online orders while others are doing pickup only. Looking for a full list, including suburban farmers markets? Check out citypages.com/restaurants.

AUDUBON FARMERS MARKET

Herbs, seasonal produce, flowers, and microgreens available. 4 to 7 p.m. Thursdays, June 13 through Sept. 26. 2654 Johnson St. NE (Gustavus Adolphus Lutheran Church parking lot), Minneapolis, 612-788-8790.

CAMDEN FARMERS MARKET

Small market bringing fresh produce and artisanal goods to the north side of Minneapolis. 3 to 7 p.m. Thursdays, June 6 through Oct. 3. North Market, 4414 Humboldt Ave. N., Minneapolis, 612-703-9609.

FULTON FARMERS MARKET

Traditional and heirloom vegetables, fruits, breads, and pastries. 8:30 a.m. to 1 p.m. Saturdays, through Oct. 24. 4901 Chowen Ave. S., Minneapolis, 612-207-7893; neighborhoodrootsmn.org.

GOVERNMENT CENTER MARKET

Dozens of vendors offering fresh and

local produce, plants, farmstead goods, and prepared foods. 10 a.m. to 2 p.m. Tuesdays, through Oct. 300 S. 6th St. (Hennepin County Government Center South Plaza), Minneapolis, 612-333-1737; mplsfarmersmarket.com.

KINGFIELD FARMERS MARKET

Large selection of local produce, artisanal crafts, and prepared foods in the cozy Kingfield neighborhood. 8:30 a.m. to 1 p.m. Sundays, through Oct. 25. 4310 Nicollet Ave. S., Minneapolis, 612-207-7893; neighborhoodrootsmn.org.

LINDEN HILLS FARMERS MARKET

Online only market through June, with pre-orders available for pickup only with no vendors on site. 9 a.m. to 1 p.m. Sundays, through Oct. 27. 2813 W. 43rd St. (outdoors at Settergren's Hardware), Minneapolis, 612-867-0854; lindenhills-farmersmarket.com.

MIDTOWN FARMERS MARKET

Urban market serving produce and more to Powderhorn, Phillips, and Longfellow. 8 a.m. to 1 p.m. Saturdays through Oct.; 3 to 7 p.m. Tuesdays, June through Oct. 3032 Minnehaha Ave., Minneapolis, 612-724-7457; midtownfarmersmarket.org.

MILL CITY FARMERS MARKET

Long-running market in the shadow of Mill Ruins Park featuring local, sustainable, and organic groceries and produce. 8 a.m. to 1 p.m. Saturdays through Oct., with the first hour reserved for immunocompromised shoppers. 704 2nd St. S., Minneapolis, 612-341-7580; millcityfarmersmarket.org.



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MARK VANCE/STAR TRIBUNE

MINNEAPOLIS FARMERS MARKET

Arguably the city's largest and most famous market, with hundreds of vendors weekly. 6 a.m. to 1 p.m. daily, through Oct. 312 East Lyndale Ave. N. (near International Market Square), Minneapolis, 612-333-1718; mplsfarmersmarket.com.

NOKOMIS FARMERS MARKET

Features locally grown produce, food vendors, canned goods, and crafts. 4 to 8 p.m. Wednesdays, June 17 through Sept. 30 (closes at 7:30 p.m. during month of Sept.). 5167 Chicago Ave. S., Minneapolis, 612-207-7893; neighborhoodrootsmn.org.

NORTHEAST FARMERS MARKET

Seasonal market featuring food vendors, local produce, and artisanal goods. 9 a.m. to 1 p.m. Saturdays, through Oct. 17. St. Boniface Church parking lot, 629 NE 2nd St., Minneapolis, 612-387-0527; northeastmarket.org.

SOUTH ST. PAUL FARMERS MARKET

Featuring fresh, local produce. 2 to 6 p.m. Wednesdays, June 17 through Sept. 30. 12th Ave. S. and Southview Blvd., South St. Paul, 651-227-8101; stpaulfarmersmarket.com.

ST. PAUL 7TH PLACE MALL FARMERS MARKET

Featuring a wide array of fresh, locally sourced fruits and vegetables. 10 a.m. to 1:30 p.m. Tuesdays, June 9 through Oct. 6; 10 a.m. to 1:30 p.m. Thursdays, June 11

through Oct. 8. 27 W. 7th Place, St. Paul, 651-227-8101; stpaulfarmersmarket.com.

ST. THOMAS MORE CHURCH FARMERS MARKET

Featuring bedding plants, hanging baskets, patio pots, fresh fruits and vegetables, meats, and specialty items. 1:15 to 5 p.m. Fridays, through Oct. 30. 1093 Summit Ave., St. Paul, 651-227-7669; stpaulfarmersmarket.com.

ST. PAUL DOWNTOWN FARMERS MARKET

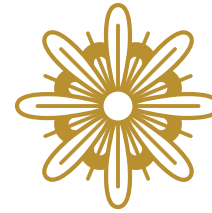
Lowertown's pride and one of the state's largest markets, featuring all local vendors. 7 a.m. to 1 p.m. Saturdays, through Oct. 26; 8 a.m. to 1 p.m. Sundays, through Oct. 27. 290 5th St. E., St. Paul, 651-227-8101; stpaulfarmersmarket.com.

WEST BROADWAY FARMERS MARKET

Featuring local foods, arts, and community development, promoting healthy food access for north Minneapolis, with fresh produce, artisanal goods, grab-and-go eats, and locally grown plants. 3 to 7 p.m. Fridays, June 19 through Oct. 2. Freedom Square, 2034 W. Broadway Ave. N., Minneapolis, 612-353-5178; westbroadway.org/farmersmarket.

WEST ST. PAUL/SIGNAL HILLS MARKET

Featuring fresh, locally grown fruits and vegetables sold direct from producer to consumer, located in the lot of West St. Paul's Signal Hills Mall. 8 a.m. to noon Fridays, June 14 through Oct. 25. 1225 S. Robert St., West St. Paul, 651-227-8101; stpaulfarmersmarket.com.



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GLEN STUBBE/STAR TRIBUNE

GET THE HEIL OUTTA HERE

Midtown Global Market evicts Holy Land for family's hate speech

BY EMILY CASSEL

Holy Land CEO Majdi Wadi's apology began like so many others.

"It has come to our attention that a team member of the Holy Land posted racial slurs onto social media prior to beginning employment with us," Wadi wrote on Holy Land's Facebook the morning of June 4. "We were not aware of these posts."

The message continues in this (unfortunately all too familiar) way: They don't tolerate this behavior, it goes against their beliefs, their mission is to promote diversity and equality for all.

Then the second paragraph hit with a

plot twist for the ages:

"As the current CEO of Holy Land, I regret to inform my valued customers that the specific team member is my own daughter." That would be Lianne Wadi, who acted as Holy Land's catering director; the popular mediterranean deli, grocer, and restaurant has locations in northeast Minneapolis, MSP Airport's Terminal 1, and (until very recently) Midtown Global Market.

Lianne's now-deleted Instagram post could still be seen on Reddit at press time, as could an apology posted to Instagram in the early hours of June 4. She thanked those who brought it to her attention,

adding that she's "deeply mortified and disgusted" by those comments.

"I was a teenager at the time (although my youth is not an excuse) and wasn't educated on how the words I chose would affect and offend others, including myself... I have challenged myself to unlearn the behavior that society led me to believe was okay," she wrote.

Majdi said he doesn't believe the post is an accurate reflection of who his daughter is now, and said they're using this moment to implement additional training and education on cultural awareness for employees.

That appeared to be the end of it.

Except it wasn't just the one Instagram post. People also unearthed tweets appearing to belong to Lianne (the account, @LianneWadi, has been deleted) that sure make it look like she has expressed hatred for everyone who is: Black, Jewish, gay, or fat. The account is also pro-Hitler.

"Anything involving the n*****r we call our president (&)" one tweet reads.

Another: "My dad& workers: at least were not n*****s #classic."

She also appears to have retweeted a fake Hitler account, resharing comments like "Holy shit. I just realized. Blacks are just as bad as Jews #GasEmAll" and "Top 3 races you wish to eliminate. Ready, go! Jews, blacks, and the fats."

"Not only as a CEO, but as a father, it is my duty and responsibility to ensure my family and Holy Land team members all demonstrate high integrity and moral compass guidelines," Majdi Wadi wrote on Facebook. "We will now work, harder than before, to better ourselves through education, volunteering, and open conversation and forums with all our community to ensure we leave a positive impact."

It remains unclear how those plans would be carried out by a guy whose daughter has taken his—and his family's—overt racism to Twitter, repeatedly.

By later that afternoon, Midtown Global Market—which houses one of Holy Land's two Minneapolis locations—had stepped up, issuing a short but effective public statement.

"Midtown Global Market is exercising its rights as landlord to immediately close the Holy Land Grocery, Butcher Shop, & Deli and terminate their lease," the Facebook post reads.

That's it. End of discussion. Decision: made.

"The comments on those posts do NOT in any way reflect those of the Midtown Global Market," management of Midtown Global Market elaborated in a statement. "In fact, they are in direct opposition to the reason Midtown Global Market was created and opened in 2006: to be a shared community space and cultural center that celebrates the diversity of its business owners, guests, and visitors."

They continued: "In no way does Midtown Global Market tolerate any words, actions, or activity that do not support our global community."

Lianne Wadi appeared as a guest on WCCO on the evening of June 4 to answer for those posts, where she said they don't reflect the kind of person she is anymore. "Those statements were made a long time ago, and like, I was at a different place in my life," Lianne said. That clip is available online.

Some of the Global Market's vendors have reopened to offer neighborhood residents produce and meals as they "rebuild and heal" following the protests on Lake Street. They're also accepting donations via GoFundMe—like so many other Minneapolis businesses you can help save right now.

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Protesters outside First Avenue during a Trump rally at Target Center

AARON LAVINSKY / STAR TRIBUNE

DEFUNDING BEGINS

First Avenue, Walker Art Center, schools: List cutting ties with MPD grows

BY EMILY CASSEL

On May 27, the University of Minnesota announced it was no longer contracting with the Minneapolis Police Department for large events. Minneapolis Public Schools voted to terminate its MPD contract June 2. The Minneapolis Park & Recreation Board was next on June 3, voting unanimously. Things keep going this way, and those boys in blue might just end up in the red. It's not only our public institutions, but cultural ones: Also on June 3, First

Avenue announced that "for the safety of [their] guests, artists, and staff," they will no longer contract security with off-duty officers through the MPD.

"We will instead work with local organizations who represent our community, and who will protect and affirm Black and Brown lives," their announcement read. "The murder of George Floyd has made it abundantly clear that the presence of off-duty MPD officers at our events will not guarantee the safety of our patrons and does not support our community or

our values as an organization."

The announcement came hours after the Walker Art Center said that it too will stop contracting with MPD for special events, "until the MPD implements meaningful change by demilitarizing training programs, holding officers accountable for the use of excessive force, and treating communities of color with dignity and respect."

Even law firm Dorsey & Whitney is ending its prosecutorial pro bono program, instead shifting those efforts toward com-

munity work. They've been prosecuting misdemeanor cases brought by the Minneapolis City Attorney's Office for more than 40 years, according to Bloomberg Law.

More organizations released statements to the same effect, including the Minneapolis Institute of Art, the Metro Sports Council, and the YWCA. The list continues to grow.

Of course, the question now is: What does this look like moving forward?

The school district has to devise a new safety plan by August 18. The Parks and Rec resolution blocks park police officers from responding to Minneapolis police calls... but spokeswoman Dawn Sommers told the Star Tribune they'd still respond to urgent situations outside of their jurisdiction.

"If there a critical emergency or something big... our officers are sworn to protect people," Sommers said. "They are going to respond when somebody needs help."


The language in the Walker's statement is similarly squishy. They're calling for demilitarization, but not abolition, of the force. ("What do you mean until?" one Instagram commenter asked. "Just divest.")

The city of Minneapolis itself may also someday be finished with the MPD, if the pledge by nine City Council members on Sunday to dismantle the department and install alternatives holds up.


The road to eliminating the police isn't easy, or short. But few know the gravity of this consideration better than Mahmoud Abumayyaleh, owner of Cup Foods, the corner store at 38th Street and Chicago Avenue where the call to police that killed George Floyd originated. In a Facebook post, Abumayyaleh explained that it's state policy to call it in when a business thinks it's found a counterfeit bill—and that they'd nonetheless no longer keep doing so.

"Work within your communities to find alternatives to policing, until the point that local and state officials decide to seriously hold police accountable once and for all," Abumayyaleh wrote. "We will continue fighting with our south Minneapolis community until justice is served, not only for George Floyd, Ahmaud Arbery, and Breonna Taylor, but for everybody who is affected by police violence in our country." **CP**

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PATRICK STRAIT

COMEDIANS IN THE COMMUNITY

Shay Webbie has organized a massive food bank in St. Paul

BY PATRICK STRAIT

If you've driven by the corner of Lexington and Central in St. Paul over the past several days, chances are you've seen a line of people wrapped around the block, waiting for food and other supplies. That's because of comedian Shay Webbie.

In less than one week, Webbie, a standup comic who typically uses her voice to make people laugh, has used her voice to bring together her fellow comics and volunteers of all backgrounds to create a massive food bank that has fed thousands of community members.

"It's been a positive vibe," she says of the miniature city that has sprouted up to help people whose grocery stores were destroyed this past week. "It's been beautiful. People are crying tears of happiness. It's been so good to see everybody step up together for humanity."

Webbie says the inspiration for the food bank started when she attended a rally for George Floyd.

"I went to the rally the day after George Floyd was murdered with Pastor Carmen Means, and I met with my sister [fellow comic] Ashli Henderson. She wanted to

start a food pantry in Minneapolis that Friday, and then Saturday I decided to start mine in St. Paul," she explains.

"We went from two tents to a whole field of supplies and volunteers in just a couple of days, and a lot of that is thanks to my comedy family for stepping up."

One of those comics is Ali Sultan, who started off gathering donations for Webbie, but quickly ended up as her right-hand man.

"I was out at 38th and Chicago for a protest and saw that Shay was there collecting," he says. "I donated anything that I could personally. Food, cash, whatever. Then I decided it would be good to try and help other people do this too. So I called a couple more comics and put it out on Facebook, and we started to gather up supplies and brought out some tables and a tent. That made it more official, and since that day it's just grown from a few people to the whole block in like one second."

By Webbie's count, the number of people served is well over 2,000. While the rest of the country is hearing more about the destruction happening in



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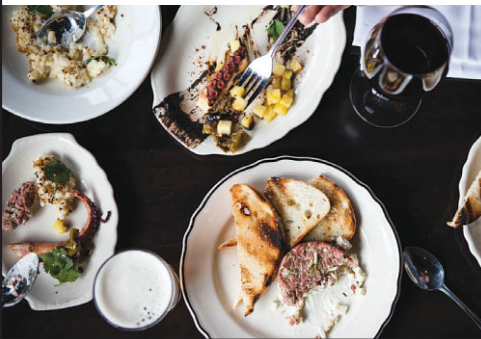


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the Twin Cities, she says that this gathering of hope is far more indicative of the community around her.

“They show a lot of negativity in our neighborhood, but our neighborhood—Frogdowntown, Hamline, Midway—is beautiful. They never show the positive. They

show the shootings and the looting, but [the community support] happens on a regular basis around here. Maybe not quite this big, but we support each other out here.”



PATRICK STRAIT

moving forward.

“I called in for other comedians to be involved, and we’ve got 20 of them here today,” he says.

“But we need bodies. We need bodies

“It’s been beautiful. People are crying tears of happiness.”

For the moment, Webbie says that the plan is to open up shop on the same corner every day from 11 a.m. to 3 p.m., until stores are able to once again serve the community. But with the outpouring of support come challenges.

“I did not expect all of this,” she says. “We’re to the point where we’re turning down donations. Not because we don’t want them and appreciate them, but because we don’t have the space to store them or a building we can keep everything in.”

Sultan says that he believes the key to maintaining momentum lies in finding people to keep supporting the cause

that are willing to make this a long-term thing.”

Sultan says the outpouring of people wanting to volunteer has become so massive that a Facebook page (facebook.com/shaycaresmn) and email address (shaycaresinfo@gmail.com) have been created, and people interested in helping should inquire through there.

As for Webbie, she’s focused on helping the people in her community one day at a time.

“Between making my community laugh and giving them emotional, physical, and financial support, that’s what I want to do.”



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JOHN MINCHILLO

CURFEW MUSIC

White noise and Black street life soundtracked the nights of south Minneapolis last week

BY KEITH HARRIS

The Black Hawk helicopter buzz never quite resolves into an ambient thrum. Its rippling abrasions are constant but never consistent, refusing to settle into a pattern of tones your brain could comfortably process as background clamor, could survey as aural wallpaper, could switch off in response to; whenever that seems near-possible, the chopper swoops up, or down, in altitude or volume, or maybe veers off entirely, abandoning your keyed-up ears to strain through the silence for some new din to replace it.

This was the lullaby of south Minneapolis last week, the soundtrack for the poorly paced parody of an action flick taking place on the ground, where either militia-drilled white supremacist arsonists or joyriding out-state jackasses (as if those two groups don't well overlap) whipped intermittently around the corners of our curfew-emptied streets one step ahead of the cops or the National Guard. The previ-

ous nights' fires on Lake Street were now at most wisps; the protesters who'd held the streets for so long were now rounded up instantaneously at the stroke of curfew. Much of Minneapolis was abandoned to tire squeals and belated sirens and strings of firecracker pops that occasionally may even have been the gunshots at least one person in your Facebook neighborhood watch group invariably took them for.

For those of us who live in cities to avoid silence, who find audible evidence of our fellow humans comforting, last week's martial imposition of stillness was no gift. Whatever activity you heard, no matter how harmless, was per se illegal. The sound of nothing happening was now perpetually the sound of something about to happen forming a future memory of something that never quite happened. Is a city blanketed in state-enforced quiet even still a city?

And yet, just blocks away from this hush, from this lack, urban life remained—renewed and reborn on a site of pain. Unofficially

exempt from curfew, blocked off from vehicle traffic, the intersection of 38th Street and Chicago Avenue, where Derek Chauvin slowly choked the life away from George Floyd, had evolved from a makeshift memorial into a sanctuary, an autonomous zone, a city within a city, as Black mourners and protesters and residents established that the space belonged to them by spiritual right and by communal necessity.

If they could set aside delusions of hooded saboteurs, news crews and conspiracy-mongers looking for “anarchy” could've seen it laid out here in plain sight—not chaos, but unregulated, cooperative, improvisatory life. Hair was cut. Food was cooked. Supplies were distributed. Respects were paid. Flowers were laid. Hands were sanitized. Payment was refused. Work was done. Bodies milled comfortably or settled into chairs or onto curbs. Younger visitors circulating in groups eyed each other—no sharp lines were drawn between between mourning and flirting and organizing and just plain hanging. The governing spirit that held this space together demanded nothing but respect—for the man whose death sanctified it, and for the Black lives that continued on.

The color and variety of the visual art—the homemade tributes, the abundance of flowers, the spread of murals—may capture your attention first, but George Floyd Square is also awash in music. One night an EDM

mix is rustling an unselfconscious clump of dancers into movement; on another, passersby are somewhat perplexed by but not antagonistic to an electronically modulated saxophone grinding solos over looped tracks.

The Speedway's parking lot is a dance-floor—careful about the gas pumps—and some mobile DJs from KMOJ must have known how “Move Bitch” would hit the crowd. Across America, the old Ludacris hit has become the unofficial anthem of the Black Lives Matter movement, and when we have time to recollect on all this maybe we'll trace how American protest developed from the unyielding, solemn solidarity of “We Shall Not Be Moved” to the gleeful impatience of Luda's bow-throwing get-out-the-ways. DaBaby's “Suge” cuts into the mix, its beat calling for bodies to make sudden moves, its insistence on unruly physicality and kinetic unpredictability its own kind of protest. On a stage farther down Chicago, spoken word performance gives way to earnest conscious rapping. These songs, these beats, these approaches aren't in competition. But they don't harmonize either, don't beat-match with each other like some ace DJ's mastermix. They just share the space.

As did the music of faith: Amplified gospel securing its niche on Sunday morning, a Christian singer-songwriter captivating a small crowd, arms raised and socially distant, on Monday night. And yet the most spiritually transported experience I witnessed was a middle-aged African-American woman, swept up bodily into the opening chords of Leonard Cohen's “Hallelujah,” which rose out of a baby grand piano incongruously transported to the middle of a city street. She was surrounded by the music before she ever sang a word.

Few songs have been as thoroughly scuffed up and redefined, or cheapened through overexposure, as “Hallelujah.” Cohen's knotty psychosexual Jewish blues was first stripped of its sardonic veneer by the expansive singer Jeff Buckley, who set the melody aloft as a vehicle of rampant self-expression till it became a 21st-century “Send in the Clowns” for televised singing contests, even a hokey a cappella Christmas carol. But you could hear its essence here—a human voice recognizing that to process pain you must somehow dignify it through memory and beautify your response to it. I couldn't hear the words this woman sang, beyond the inescapable “hallelujah” that means all things to all people, but I could hear her connect with the melody. Maybe it really all is in the major fall, the minor lift. **Q**

♈ ARIES (March 21-April 19): During her 90 years on the planet, actor and singer Marlene Dietrich reinvented herself numerous times. She had superb insight into the nature of shifting rhythms, and a knack for gauging the right moment to adapt and transform. Good timing, she said, came naturally to people like her, as well as for "aerialists, jugglers, diplomats, publicists, generals, prize-fighters, revolutionists, financiers, and lovers." I would add one further category to her list: the Aries tribe. Make maximum use of your talent in the coming weeks.

♉ TAURUS (April 20-May 20): Author and theologian Frederick Buechner writes, "There is treasure buried in the field of every one of our days, even the bleakest or dulllest, and it is our business to keep our eyes peeled for it." In alignment with current astrological potentials, Taurus, I'll name that as your key theme. More than usual, breakthroughs and revelations and catalysts are likely to be available to you in the midst of the daily slog—even when you're feeling bored. Make it your business to be on high alert for them.

♊ GEMINI (May 21-June 20): According to novelist Octavia E. Butler, "Positive obsession is about not being able to stop just because you're afraid and full of doubts." That's what I wish for you in the coming weeks, Gemini: positive obsession. It's also what I expect! My analysis of the astrological omens suggests that you will have the pluck and craftiness necessary to veer away from murky, disturbing versions of obsession. Instead, you'll embrace the exhilarating kind of obsession that buoys your spirit in moments of uncertainty. I foresee you making progress on your most important labor of love.

♋ CANCER (June 21-July 22): William Thomson, also known as Lord Kelvin (1824-1907), was a Cancerian physicist and mathematician who contributed to the understanding of thermodynamics and other areas of scientific and engineering knowledge. Despite his considerable intelligence, however, he was myopic about the possibility that humans might one day fly through the air while seated inside of machines. In a 1902 interview—a year before the Wright Brothers' breakthrough experiment—he declared, "No aeroplane will ever be successful." I suspect you could be on the verge of passing through a Lord Kelvin phase, Cancerian. You may at times be highly insightful and at other times curiously mistaken. So I urge you to be humbly confident and confidently humble!

♌ LEO (July 23-Aug. 22): Author Marianne Williamson tells us, "Spiritual growth involves giving up the stories of your past so the universe can write a new one." And what exactly does it mean to "give up the stories of your past"? Here's what I think: 1. Don't assume that experiences you've had before will be repeated in the future. 2. Don't assume that your ideas about the nature of your destiny will always be true. 3. Even good things that have happened before may be small and limited compared to the good things that could happen for you in the years to come. 4. Fully embrace the truth that the inherent nature of existence is endless transformation—which is why it's right and natural for you to ceaselessly outgrow the old plot lines of your life story and embrace new ones.

♍ VIRGO (Aug. 23-Sept. 22): Philosopher and astrologer Marsilio Ficino wrote, "Mortals ask God for good things every day, but they never pray that they may make good use of them." I hope that in the coming weeks, you Virgos will disprove that cynical view of human beings. As I see it, you will be more likely than usual to actually receive the blessings you ask for. And I hope—in fact, I predict—that when you receive the blessings, you will then aggressively seek the help of God or Life or your deepest wisdom to make good use of them.

♎ LIBRA (Sept. 23-Oct. 22): I was hiking under a blue sky in a favorite natural location: the Golden Gate National Recreation Area, just north of San Francisco, where sublime vistas provide views of ocean and mountain. Although I was in a good mood, at one point I spied empty Budweiser cans amidst the wild jewelflowers. "What kind of nature-hater was so careless as to despoil this wonderland?" I fumed. For a few moments I was consumed with rage and forgot where I was. By the time I recovered my bearings, the bobcat and red-tailed hawk I'd previously been observing had disappeared. That made me sad. My anger was justified but wasteful, irrelevant, and distracting. It caused me to lose touch with some glorious beauty. Don't be like me in the coming days, Libra. Keep your eyes on the prize.

♏ SCORPIO (Oct. 23-Nov. 21): "I have more memories than if I were a thousand years old," wrote poet Charles Baudelaire. Was he bragging or complaining? Did the weight of his past feel like a burden or did it exhilarate him and dynamize his creative powers? I'm hoping that in the coming weeks your explorations of your past will feel far more like the latter—a gift and blessing that helps you understand aspects of your history that have always been mysterious or murky.

♐ SAGITTARIUS (Nov. 22-Dec. 21): According to my analysis of the astrological omens, you're primed to navigate your way through a sweetly gritty, tenderly transformative, epically meaningful turning point in the history of your relationship with your favorite collaborator or collaborators. If that sounds too intense, you could at least accomplish an interesting, stimulating, educational shift in the way you fit together with your best ally or allies. It's up to you, Sagittarius. How much love and intimacy and synergy can you handle? I won't judge you harshly if you'd prefer to seek the milder version of deepening right now. Besides, you'll probably get a chance to go further later this year.

♑ CAPRICORN (Dec. 22-Jan. 19): Actor Emma Thompson tells us, "I wish I wouldn't have to say this, but I really like human beings who have suffered. They're kinder." Adding to what she observes, I'll say that for many people, their suffering has also made them smarter and more soulful and more compassionate. Not always, but often, it's the pain they've suffered that has helped turn them into thoughtful companions who know how to nourish others. I urge you to make a special point to converse with people like this in the near future. In my estimation, you will benefit from intense doses of empathetic nurturing.

♒ AQUARIUS (Jan. 20-Feb. 18): Lake Elsinore is a city in southwestern California. Last spring, torrential rains there caused a "superbloom" of poppies. Millions of the golden-orange wildflowers covered many acres of Walker Canyon. They attracted another outbreak of beauty: thousands of painted lady butterflies, which came to visit. The magnificent explosion was so vast, it was visible from a satellite high above the earth. I wouldn't be surprised if you're experiencing a metaphorical superbloom of your own right now, Aquarius. I hope you will find constructive ways to channel that gorgeous fertility.

♓ PISCES (Feb. 19-March 20): Lucumi is an Afro-American religion with Yoruban roots. Its practitioners worship their ancestors, and seek regular contact and communion with them. According to Lucumi priestess Luisah Teish, "Sometimes the ancestors deem certain information so important that they send it to the subconscious mind without being consciously asked." It's my belief that all of us, whether or not we're members of the Lucumi religion, can be in touch with the spirits of our ancestors if we would like to be—and receive useful guidance and insight from them. The coming weeks will be a time when you Pisces are especially likely to enjoy this breakthrough. It's more likely to happen if you have an intention to instigate it, but it may come to pass even if you don't seek it.

CROSSWORD

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WIPE THAT SMILE OFF YOUR FACE

BY BRENDAN EMMETT QUIGLEY

Across

- 1 Former state whose motto was "Workers of the world, unite!"
- 5 Cool and distant
- 10 "Don't go so fast!"
- 14 Tried and ____
- 15 Baseball GM Billy featured in the book "Moneyball"
- 16 Actress Hathaway
- 17 Some red wines, informally
- 18 Drive-thru sign
- 19 Abounding
- 20 Skating legend who cameoed as a commentator in "Blades of Glory"
- 23 Be part of the cast of
- 25 Loud, as a crowd
- 26 Boba Fett, e.g.
- 31 Melville's "Billy ____"
- 32 All-time home run leader among foreign-born MLB players
- 33 Eat up
- 37 "Exodus" character
- 38 Like some poor judgment
- 40 Gen ____
- 41 Perch on which to watch a dart game
- 43 Hard rain?
- 44 Sunday song
- 45 Elvis standard that begins "Bright light city gonna set my soul / Gonna set my soul on fire"
- 48 It's read at an audition
- 50 "Why ____ you married yet?"
- 51 Donnie Darko's sister's dance troupe
- 56 Well container

- 57 Robin Hood portrayer Russell
- 58 Some servers
- 61 Volcano on Sicily
- 62 Get ready to eat?
- 63 Two-time NBA MVP Steve
- 64 Turn on the waterworks
- 65 Upturned, as a box
- 66 "Cogito ____ sum"

Down

- 1 Mystic Potato Chips maker
- 2 ____ Lanka
- 3 Legendary Memphis site where Jerry Lee Lewis recorded "Great Balls of Fire"
- 4 Take back
- 5 Run interference during a robbery, say
- 6 Easter Triduum ends it
- 7 Mild swear
- 8 ____ Day Women's Prenatal
- 9 Mathematician Pierre whose "last theorem" took 358 years to prove
- 10 Iron fist ruler
- 11 Writer Shreve or Diamond or Loos
- 12 Awaiting
- 13 Anybody featured in a high school yearbook, if you don't count teachers
- 21 Can. province
- 22 "Some website posted this article ..."
- 23 PLO leader Mahmoud
- 24 Jazz gig setting?
- 27 Fashion designer's monogram

- 28 Big to-do
- 29 "Round up the ____ suspects"
- 30 Gymnast Comaneci
- 34 Establishment where you can get a lungful
- 35 Add more to the staff
- 36 Artist Max
- 38 Toasting sound
- 39 1997 U.S. Open champ Ernie
- 42 Middle bit of a Venn diagram
- 44 Scout of "To Kill A Mockingbird," e.g.
- 46 Closing material
- 47 '80s guitar god Steve
- 48 Avalanche
- 49 Michael who had a cameo in "Inception"
- 51 Erupt
- 52 Ireland, poetically
- 53 Put on a long face
- 54 Wilson of Hollywood
- 55 Gravitates (toward)
- 59 Chinese restaurant additive
- 60 "The Borgias" channel, on schedules

Last Week's Answer

L	I	E	O	V	E	R	A	G	A	S	S	I
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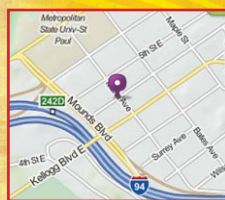


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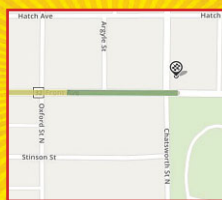
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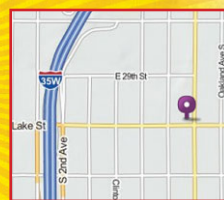
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Is it a red flag or sign of deeper attachment or commitment issues if your long-term partner never tells you he loves you?

I've heard people describe relationships

that were three months old as "LTRs." Assuming you're not one of those people—assuming you've been with this guy for more than a year—and you've already said "I love you" to him and he hasn't said it back, well, that's a bad sign. But I wouldn't describe it as a red flag. Early warning signs for physical or emotional abuse are red flags; not hearing "I love you" from someone you'd like to hear that from does suck, I know (because I've been there), but it's not a sign that you're in danger, girl. It's also not proof your partner has attachment or commitment issues; he just might not be interested in attaching or committing to you. But whatever the case might be, if you're unhappy being with someone who can't bring himself to say "I love you," then you shouldn't be with that person.

Is there a safe way to date/be slutty now? Will there ever be again? I'm poly but live alone so I haven't had sex in 12 weeks. HELP!

While health officials in most places are urging all to only have sex with people we live with—mom and dad excepted—over in the Netherlands health officials are advising single and horny Dutch people to find "sex buddies." One sex buddy per person, someone you can meet up with for sex, ideally someone who isn't interacting with too many other people. If you can find someone you trust—and if you are someone who can be trusted—you could go Dutch.

My fiancé has an ex-girlfriend who just can't let it go. He's blocked her on social media but his mother still follows his ex and is friends with her and they interact at least monthly. Likes, comments, etc. Can I address the issue with his mom or is that just somewhere you don't go?

Why are you monitoring your fiancé's ex-girlfriend's social media? I mean, if you weren't lurking on her Instagram, you wouldn't know your future MIL is liking and commenting on her photos. Your fiancé's mom is an adult and she can follow anyone she likes on Instagram. And if you

don't want her to think you're the toxic one, you won't address this with her. Be the change you wanna see in your fiancé's ex: Let it go.

My wife and I are lesbians who just found out we're having a baby boy! We're super excited but have some penis questions. My wife wants to circumcise our son because she says that if he's uncircumcised he'll get made fun of in the

locker room. Does this happen? How often do boys look at each other's dicks growing up?

The circumcision rate among newborn boys has been falling for decades, and now only a little more than half of boys are circumcised at birth. So even if boys were comparing their dicks in locker rooms—and they're not—your son wouldn't be alone. And for the record: The American Academy of Pediatrics doesn't recommend the procedure, and the supposed health benefits—lower risks for urinary tract infections and some sexually transmitted infections—aren't a convincing argument in favor of the routine circumcision of male infants. And while the complication rate is low (1.5%), those complications can range from easily treatable infections to "amputation of the glans," "necrosis of the penis," and "death." Risking your son's life and most important limb to spare him a moment's awkwardness in a locker room seems unreasonable to me—particularly since your son can't consent.



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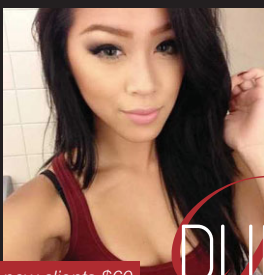
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Volunteer Opportunities: Response to COVID-19
 In order to support community needs created by the Coronavirus outbreak, HandsOn Twin Cities has created a special Volunteer Hub with opportunities and guidelines for volunteering.

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<https://www.myveryownbed.org/>

Rebuilding a Better Community Together

As we continue to grieve the death of George Floyd and advocate for justice, we know that now is the time to put our voices into action. Find volunteer and donation opportunities that address current needs in our community at <https://www.handsontwincities.org/community-rebuilding/>.

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